



Celebrate PAC Team IntraSquad Friday, April 28th, 2023

*Held Under the Sanction of U.S.A. Swimming, Inc. Article 202.4
Held Under the Sanction of Oregon Swimming, Inc.*

- Sanction:** 23-037
In granting this sanction, it is understood and agreed that USA Swimming, Oregon Swimming and Portland Aquatic Club shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
- Host:** Portland Aquatic Club
- Location:** Matt Dishman Community Center and Pool
77 NE Knott Street Portland,
Oregon 97232
503-823-3673
- Meet Referee:** Audrey Lungershausen fourteentalltrees@mac.com 971-506-9091
- Admin Official:** Lee Cannon LCannon@amfam.com 503-516-1568
- Meet Director:** Kim Coffield kimberly.coffield@gmail.com
- Eligibility:** Swimmers must be currently registered with USA Swimming. NO ON DECK REGISTRATION SHALL BE PERMITTED. Swimmers must be the listed age as of April 28th, 2023.
- Times:** Warm-ups at 4:00pm. Meet starts at 4:45pm, timeline may be adjusted to comply with facility time requirements. Meet to end by 6:15pm, facility to be cleared by 6:30pm.
- Entries:** Submit YARD times for seeding in Hy-tek format. Email entries to Kim Coffield at kimberly.coffield@gmail.com with a cc to LCannonPDX@gmail.com With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming.
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- Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing racing

starts or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

- Entries Due:** Thursday April 20th, 2023
- Facility Fee:** \$12 per swimmer
- Entry Limits:** 5 events, no more than: two 50's, one 100, and two relays. Entries may be adjusted to comply with Facility time-line requirements and intrasquad team organization.
- Format:** IntraSquad meet for PAC athletes only. All events pre-seeded. Entered athletes will be divided into two teams by the PAC coaching staff. Each team will compete in an open format in the listed events. Meet will be completed in under 2 hours.
- Warm ups:** Will be directed by team coaches.
- Bull Pen:** Bull Pen will be provided for all events.
- Awards:** No awards will be given at this meet.
- Spectator Info:** Spectators will be allowed in the upper deck viewing area.
- Officials:** Please notify Audrey Lungershausen at fourteentalltrees@mac.com if you will be attending the meet. Trainees are allowed, please email your training log to Audrey along with your request to officiate. Officials meeting at 4pm on deck. Uniform is white shirt, black shorts/pants/skirt, black socks and black shoes.
- Facility:** Indoor, 25 yards, 6 lanes. Starting area depth is 10 feet and at the turn end 4 feet. A Colorado 6 Electronic Timing System will be utilized. The facility is accessible for adaptive swimmers. Parking is available. Seating is available for 300 spectators. Spectators are not allowed on deck. Men's and women's locker rooms with access onto the pool deck are available. Open pool deck areas available for swimmers, coaches and officials only. The competition course has not been certified in accordance with 104.2.2C(4). Electronic timing system.
- Medical facilities available include lifeguards and access to first responders via 911.
- MAAPP:** USA Swimming Minor Athlete Abuse Prevention Policy: All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. Locker Rooms: The facility locker rooms

are for registered athletes only. Restrooms for coaches, officials, parents and spectators are located off the main entrance.

Rules: Current USA Swimming and Oregon Swimming Inc., rules will govern this meet.

Swimwear: USA Swimming Rule 102.8.1F - No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

Restrictions: Tobacco products of any kind, alcoholic beverages and glass containers are not allowed in the swimming venue. The following areas are off-limits to swimmers and spectators: deep end adjacent to competition pool, warm-water pool, hot tub, sauna, or any other area posted as restricted. No shaving permitted on the premises. Deck changes are prohibited.

Recording Devices & Media Notice: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or lockers rooms. Photography/video is prohibited behind the starting blocks. No flash photography allowed except by the express permission of the Meet Referee. No video or other photography in or over the water, such as with a GoPro-type device. Operations of a drone, or any other flying apparatus, is prohibited over the venue pool, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. This meet may be covered by the media, including photographs, video, webcasting, social media and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

Timeline & Order of Events Friday April 28th, 2023

Time	Event	Description
4:00pm - 4:40pm	Warmups	Under direction of coaches
4:45pm	Meet Start	All Events Mixed/Open
	#1	Mixed 200 Medley Relay
	#2	50 yard Fly
	#3	50 yard Back

	#4	100 yard IM
	#5	100 yard Free
	#6	50 yard Breast
	#7	50 yard Free
	#8	Mixed 200 Free Relay
	Fun Non event	Adult/Alumni Relay
6:15-6:30pm	Clean up	Thank you!